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The Correct Way to Boost Muscle Size - A Scientific Solution

What is the smart approach to [increase muscle mass](#)? The answer is by understanding the two types of muscle growth: Sarcoplasmic growth and Myofibrillar growth. Fluid builds up within your muscles when you lift in high volume and high reps, this gives the impression of fast muscle growth. Low reps causes a real growth of muscle tissue in your muscle. The best way is to maximize both types of growth.

Create Fluid Within Muscle With High Reps Causing High Fatigue

You may think it sounds odd trying to increase the amount of fluid inside your muscle, but this is one way to get it to grow. Our bodies are comprised largely of water so this is a legitimate way to get larger muscles. This sounds like an extremely temporary state, but that would be false. The fact is this is a good way to cause initial quick growth, you then train properly with the right rep range to keep it.

Lower Reps and High Tension Result in Actual Muscle Fiber Growth

So why not just aim to increase muscle tissue and not worry about sarcoplasm? Well, this growth happens really slowly. It could literally take years before you see any significant growth. What is good about this type of workout is it makes your muscles stronger because it creates muscle fiber growth. It makes your muscles appear more defined. The resulting muscles are stronger than simply big muscles thanks to fluid build up.

The Smart Regime

What you want to do is spend a period of 8-12 weeks alternating between the two types of muscle growth. You should not mix the two systems within a short space of time because the body will not know how to adapt. When you try to be a "jack of all trades" your body responds by not adapting to either style of training very well.

The Truly Simple Approach

If you are in no hurry to increase muscle size then you can remain in the middle ground for all your workouts. The popular 5 sets of 5 reps routine works extremely well. Your muscles will become more defined and slowly get slightly bigger. The nice thing is that you will also gain strength the whole time as well. What you need to do is have three exercises planned out for each part of your body, then do five sets of five reps for each. The rest period between sets should be small and you want to use quite heavy weights. This is the scientific way to [increase muscle size](#).

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